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| **Activity 1:** Hula hoop  **Time:** 10 minutes | Two teams are made  Students stand in a circle holding hands and attempt to pass a hula hoop the entire way around with breaking the hold while the teacher records the time. Attempt a few times and discuss why certain times were lower than others | 1 hula hoop | Standing in a circle | Talk about team work. Discuss with team what works. |
| **Activity 2:** Builders and bulldozers  **Time:** 10 minutes | Two teams are made. The teams are given a designated amount of time to run around and build or bulldoze the cones. The team with the most cones built or bulldozed win  One team are the bulldozers their job is to knock over all the cones. The other team are the builders there job is to stand the cones up.  Hands only  No guarding the cones | 30 cones | Multiple cones standing up and not | Talk about team work. Discuss with team what works. |
| **Activity 3:** Birds nest  **Time:** 20 minutes | Students are divided into 4 teams. The students stand at their nest (hoops). The balls are placed in the hoop in the middle. One at a time a student from each nest runs to the centre of the hoop and takes back one ball at a time. When all the balls are taken from the centre students can start stealing from each others nest | -5 hoops  -As many balls as possible (different sizes) | Four hoops in the corners and one hoop in the middle | Working as a team  Taking turns |
| **Activity 4**Human knot  **Time:** 10 minutes | Students form a circle with shoulders just touching. Each student then puts out their left hand and takes hold of someone else’s hand. They then put out their right hand and grab a different students right hand. The group then work to untangle the knot by swapping places, following arms, exchanging sides or going over/under arms. At no time during the untangling can you let go of a hand |  | Standing in a cricle |  |
| **Activity 5:** Ship wrecked  **Time:** 10 minutes | Class is divided into teams of about 4-5 students. Each team is given two gymnastic mats which form the ‘boat’. Teams line up at the baseline of the opposite baseline. The court area in between the designated out of bounds. Each team place their mats side by side on the base line and attempt to cross the river without touching the floor. Teams use their mats to allow them to step from one mat to the next in order to reach the other end. Once they have crossed the teacher places survival supplies on the court area such as basketballs, beans bags, cones etc. They then attempt to cross the basketball court without touching the floor, whilst also collection their supplies. | 2 mats per group  Basketballs, bean bags etc (what ever is available) | Starting at one baseline and working way to the other |  |